



FAMILY DISASTER KIT

WATER

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.
- Store one gallon of water per person per day (two quarts for drinking, two for food preparation and sanitation).
- Keep at least a three-day supply of water for each person in your household. Also keep a supply of water purifying agents in the kit.

FOOD

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, cooking or preparation. Don't forget to pack a can opener.

- Milk (powdered or canned)
- Vitamins
- Canned meats, fruits and vegetables
- Smoked or dried meats
- Soups (bouillon cubes or dehydrated)
- Staples (sugar, salt, pepper)
- High-energy foods (peanut butter, jelly)
- Stress foods (sugar cookies, hard candy, crackers, nuts, health food bars, trail mix, sweetened cereals)

FIRST-AID KIT

You should have at least two first-aid kits -- one for your home and one for each car you drive.

A basic first-aid kit should include the following:

- Sterile adhesive bandages
- Antiseptic spray
- 3-inch sterile gauze pads (8-12)
- Thermometer
- Triangular bandages (3)
- Tongue depressor
- 2-inch sterile roller bandages (3 rolls)
- Petroleum jelly
- Needle and Safety pins
- Bar of soap
- Latex gloves
- Moist towelettes (8-10 packages)
- Non-prescription pain relievers
- 2-inch sterile gauze pads (8-12)
- Anti-diarrhea medication
- Adhesive tape

- Antacids
- Scissors
- Laxatives
- Tweezers
- Rubbing alcohol
- Safety razor blade
- Sunscreen

CLOTHING AND BEDDING

Include at least one complete change of clothing and footwear per person, as well as these items:

- Sturdy shoes or work boots
- Hats and gloves
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses
- Pillow

TOOLS AND SUPPLIES

Consider packing a small ABC-type fire extinguisher, a tent, signal flares, plastic garbage bags and ties, a small shovel, a plastic bucket with a tight-fitting lid, disinfectant, household chlorine bleach and the following:

- Mess kits or paper cups, plates and utensils
- Plastic storage containers
- Can Opener
- Water purifying agent
- Battery-operated radio and extra batteries
- Paper and pencil
- Cash or traveler's checks and change
- Needle and thread
- Emergency preparedness manual
- Medicine dropper
- Wrench to shut off water and gas
- Whistle
- Flashlight and extra batteries
- Plastic sheeting
- Duct tape
- Utility knife
- Map of the area (to locate shelters)
- Pliers
- Toilet paper
- Compass
- Towels
- Matches in waterproof container
- Soap or liquid detergent
- Aluminum foil & ziploc storage bags
- Personal hygiene items

SPECIAL ITEMS

Remember family members with special needs such as infants, the elderly or disabled persons:

For Baby:

Formula
Bottles
Medications
Diapers
Powdered milk

For Adults:

Heart and blood pressure meds
Insulin
Denture needs
Extra eyeglasses
Prescription drugs
Contact lenses and supplies

OTHER ITEMS

- Consider packing small games for children and books for adults. Copies of important family documents should be packed in a waterproof, portable container.
- Wills, insurance policies, contracts, deeds, stocks and bonds.
- Passports, social security cards, immunization records.
- Inventory of valuable household goods, important telephone numbers.
- Family records (birth, marriage certificates)

FINALLY...

- Store your kit in a convenient place known to all family members. Keep a smaller version in the trunk of your car.
- Keep the contents in air-tight plastic bags.
- Stored water should be changed every three months so it stays fresh, and stored food should be rotated every six months
- Rethink your kit and family needs at least once a year and replace batteries, update clothing, etc.
- Ask your doctor or pharmacist about storing prescription medications.